

TOWN OF SOUTHAMPTON SENIOR CENTER MENU

JULY 30 TO AUGUST 3

<u>MONDAY</u>	Kona Chicken Breast (includes pineapple, peppers & carrots) – Oriental Vegetables – Oven Roast Sweet Potato – Coconut Rice – Wheat Bread – Tropical Fruit Pudding & Milk
<u>TUESDAY</u>	Sausage, Quinoa & Cranberry Stuffed Zucchini – Petit Green Beans – Couscous – Rye Bread – Peaches & Ice Cream & Milk
<u>WEDNESDAY</u>	Seafood Salad over Shredded Romaine Lettuce – Cucumber Radish Salad 3 Potato Salad – Pumppernickel Bread – Banana Caramel Cake w/Sliced Bananas and Whipped Cream & Milk
<u>THURSDAY</u>	BBQ Chicken Quarter – Green & Yellow Squash Casserole – Beet Salad – Summery Creamed Corn – Buttermilk Biscuit – Honeydew Melon & Milk
<u>FRIDAY*</u>	Four Cheese Baked Ziti – Fresh Escarole & White Beans – Grape Juice — Garlic Bread – Fresh Nectarine & Milk

*Twilight Dinner – Hampton Bays Senior Center (**Center closed until 3**)

Entrée Alternate:

Hot: Greek Gyro

Cold: Chicken Salad Plate

THOUGHT FOR THE WEEK:

It is the province of knowledge to speak
And it is the privilege of wisdom to listen.

